

What the Therapy involves at Infinity Wellness Solutions?

1. Therapy maximum duration is 30 minutes and if starting out you may only be able to last 10- 15 minutes and slowly increasing, as everybody is different. Also your healthcare practitioner may recommend as part of your program a recommended strategy so please always refer to this.
2. Use of Far Infrared Sauna- Sunlighten's mPulse brand new 2013 stock- see information included
3. Valkion whilst in the sauna (the sauna can be taken with out the Valkion)- see information included
4. Complimentary Ginger tea prior to treatment to increase core heat only if desired
5. Complimentary Alakylte/electrolyte specially formulated drink after your treatment – only if desired.
6. Your own complimentary Nasal cannula for use the Valkion air at each therapy you have.
7. Sauna work best if done as an integrative approach with a healthcare practitioner to ensure the best and appropriate outcome is achieved and blood test and any relevant pathology are monitored



What Kind of Toxins are in Your Body?

Did you know that over 3000 “additives aka- chemicals are used within the food supply? Plus metals, toxic chemicals, preservatives, additives and unhealthy things that are added to the food make it taste better, last longer and basically poison us! Infrared sauna detoxification can help prevent or revert the damage that has been done, through regular perspiration to help the body naturally rid itself of those terrible things we ingest and use. Did you know that sweat produced in a standard sauna contains 97% water and only 3% toxins. The sweat eliminated in a infrared sauna is suggested to approximately contains 70% water and a massive 20% of toxins.

Our body’s main systems of detoxification are the skin (sweat), the lungs (breath), the kidneys (urine) and the bowels (stools). Of these detoxification channels sweat is the most effective at removing these accumulated toxins. Stimulating these channels of elimination and mobilising the toxins stored in various tissues, including the brain, is crucial in the long-term treatment and prevention of disease. By far the most important health benefit of the Far Infrared Sauna is its efficiency in removing toxins from the body. This is achieved by a process called “resonant absorption”- whereby the frequency of the far infrared matches the frequency of the water in the cell, causing toxins to be released into the bloodstream and excreted from the body through sweat, faeces and urine.

Environmental toxins are everywhere, in our air, our food and our water. We are exposed to an alarming array of toxins from heavy metals such as mercury, cadmium and lead to chemicals from plastics and pesticides as well as fumes from car exhausts, paints, carpets, industrial chemicals and cleaning agents to name a few.

A lot of these toxins are unavoidable and we are susceptible to their damage on a daily basis. They make their way into our body and unfortunately we have not evolved to cope with such toxins and our bodies have no known way of detoxifying and eliminating them in the quantities we are accumulating.

Our bodies are incapable of eliminating these toxins unaided, so they continue to build up, stockpiling in our tissues and organs and leach out of their storage sites damaging cellular chemistry and triggering chronic diseases. This daily toxin accumulation results in chemicals being stored in our bodies, generally in fat, where the body perceives them safe. However they do not always stay put but can migrate throughout the body, causing damage to our cellular chemistry in different ways. As time goes by and we accumulate more and more toxins, symptoms and disease start to occur.

Unless the underlying cause is addressed, true healing cannot take place and often prescribed medications provide symptomatic improvement but do nothing for the cause of the problem.

Therefore detoxification is essential especially with Far Infrared Sauna and Valkion- both together will produce a beneficial and enhanced effect

What is infrared?

New to infrared?

If you're new to infrared sauna heating, learning about this technology can be an intimidating and off-putting mix of jargon and rapid-fire facts.

However taking the time to properly understand infrared heating will ensure you make a wise investment in technology that can help you achieve your wellness goals.

At Infinity Health and Wellness we only use Sunlighten Sauna. They specialise in and independently tested, clinical-grade infrared heating technology, and have a dedicated team of experienced specialists who can explain in simple (or detailed) terms what infrared technology is, and what it means for you.

Here are the basics.

Infrared heat is one part of the electromagnetic spectrum, occurring naturally as the non-harmful component of the sun's radiation. Unlike harmful UV radiation, infrared heat is a safe wavelength you would commonly experience as the gentle, penetrating warmth in a sunny room on a cold winter's day.

As a sauna heating technology, infrared is a relatively recent innovation of the last decade. However, the same technology has been used extensively in other industries from healthcare to space exploration for many years.

Within infrared, there are near, mid and far-infrared wavelengths.

The infrared rays in our Infrared saunas penetrate approximately 45mm into the body gently raising the body's temperature and causing you to perspire far more than you do in a traditional sauna.

Significant investment in research and development led to Sunlighten's breakthrough: Solocarbon heating technology. As Solocarbon operates at a lower temperature, it is proven to emit consistent far-infrared heat.

Our most recent innovation is full-spectrum infrared heating, a technology available only in Sunlighten's mPulse series that utilises the entire infrared spectrum to support the widest range of wellness goals. The mPulse makes it easy to tailor a blend of wavelengths with six pre-set programs plus the option of custom heater settings.

Understanding the technology is a valuable first step, but it's all academic until you've enjoyed a half hour in the gentle warmth of a Sunlighten sauna.

Features of the mPulse Series Saunas

With unrivaled heating, entertainment and construction features, the mPulse delivers the latest wellness technology in style.

Each sauna in the mPulse series comes with the following features:

Solocarbon Full-spectrum heating technology - **Solocarbon Heating Technology.**

Tested. Proven. Trusted.

Sunlighten use only tested and proven Solocarbon heaters. But don't take our word for it - *ask for the proof.*

For your peace of mind, we can supply the following *independent* studies that have been conducted on our saunas:

- For the mPulse series, Solocarbon full-spectrum infrared emissivity testing
- For the Signature series and Solo System, Solocarbon far-infrared emissivity testing
- An independent clinical trial proving Solocarbon heating increases core temperature
- A study published in the Journal of Cardiology on the cardiovascular effects of the mPulse sauna
- Independent Apex environmental testing for toxic off-gassing
- Standard C-tick electrical certification to verify all saunas operate to electrical safety standards
- Independent third party EMF testing to prove Sunlighten saunas operate below 3mG (the safe level for prolonged exposure)

- All Sunlighten saunas come with Solocarbon heating technology. Just one of our [20+ innovations](#), Solocarbon is the result of Sunlighten's pioneering research and development in sauna heating technology. Beyond research and development, Solocarbon has been independently tested and proven - not to meet an industry benchmark, but to meet our own quality assurance standard: that everyone who uses a Sunlighten sauna can achieve their wellness goals.
- Far infrared saunas are recognized by health practitioners worldwide as perhaps the most effective method of removing both chemical and heavy metal toxins from the body. “Incurable” chronic diseases that were thought to have no known cure often disappear once toxic chemicals are gone. Since the far infrared sauna is the safest, most efficacious and economical way of depurating stored toxins, this makes it a household necessity”-Dr Sherry A Rogers, Author of Detoxify or Die, Pain Free, and total Wellness”.

- LCD Touchscreen with 6 pre-set health programs - **The mPulse Series features an LCD touchscreen that puts customised wellness at your fingertips.**

To begin a session in your mPulse sauna, simply select one of the pre-set programs displayed on the touchscreen. As soon as you've made your selection, the heaters will begin to emit an optimal blend of infrared wavelengths. The blend of near-infrared, mid-infrared and far-infrared heat emitted during each program is based on third-party research studies. Settings for pre-heating and scheduled sessions mean your mPulse sauna will be ready when you are.

Advise reception of which option you have been recommended or would like to use to target your setting to your specific health benefit;

- Cardio: As the body tries to cool itself, you should notice an increase in heart rate, cardiac output and metabolic rate

- Detoxification: Detox can be used as a tool to help relieve symptoms and as a preventative too to increase overall health
- Pain Relief: Heat activates neurological, vascular and metabolic mechanisms to mediate the transmission of pain
- Relaxation: Relax in comfort with an invigorating deep tissue sweat
- Weight loss: It has been estimated that a 30 minute infrared sauna session can burn over 200 calories
- Skin Health: Infrared heat easily penetrates human tissue to help with acne, eczema, psoriasis, burns, cuts and more.

The LCD touchscreen is also the display screen for the mPulse entertainment system. Bring a DVD to your next session, so once you've selected your program, you can lean into the gentle warmth of the Solocarbon heaters and enjoy a DVD, CD, radio or media from your mp3 player on the fully integrated Blaupunkt entertainment system.

Do you enjoy the heat of near-infrared but your partner prefers the gentler, penetrating warmth of far-infrared? No problem. The mPulse touchscreen allows you to customise heater output in the various zones within your mPulse sauna. Particularly in larger models during shared sessions, you may wish to customise the output, depending on the preferences of different users.

- Blaupunkt CD/DVD audio and speakers with MP3 connectivity
- Premium grade FSC Certified Timber
- Anti-bacterial Bamboo Carbon backrest heater covers
- Dimmable Halo Lighting with optional Chromotherapy
- Schedule mode - program a session to be ready when you are!

Some Suggested Benefits to Far Infrared Sauna

Also see website Dr Mercola <http://products.mercola.com/saunas/>

7 Compelling Reasons for Indulging in a Sauna

Research suggests many different types of benefits from taking a sauna. One very important benefit a sauna can provide is to help people sweat.

The chart below will give you a taste of the wide range of potential benefits, and why considering taking a sauna on a regular basis will be beneficial...

Benefit	How it works and explanations
1. Helps relieve stress	It provides a warm quiet place to relax without distractions. Also you favorite DVD or music can be listened to whilst in the sauna
2. Relaxes muscles and helps soothe aches and soreness	High temperatures help soothe.
3. Flushes toxins	Deep sweating can help reduce levels of unwanted toxins picked up from your environment.
4. Cleanses skin	Sweating helps rinse and cleanse your skin's epidermal layer and sweat ducts. Cleansing of your pores gives your skin a soft, beautiful appearance.
5. May help you sleep better because you are more relaxed	May help you relax, which may help you fall asleep around bedtime.
6. Provides recreation and social benefits	Relaxing environment to socialize with family and friends.
7. Helps you feel good	Helps you relax and restore body and soul.

To me, one of the most important benefits is the way a sauna helps flush toxins from your body. This used in conjunction with a comprehensive program and approach

Traditional vs. Far-Infrared Sauna Comparison		
	Traditional	Far-Infrared
Sauna temperatures	Steam with higher temperatures – 150 to 185° F	Lower temperatures with body-penetrating heat – 120-140°F
Humidity	User controls humidity by amount of water sprinkled on rocks	Tends to be close to normal house humidity levels, as bather has no control over this factor
Sweating temperatures	High temperature needed to induce sweating	Goal not to achieve high temperature – IR emitters generate deep penetrating infrared heat

Comfort levels	Bathers enjoy pouring water on rocks to create steam and raise humidity levels – Makes room more comfortable for some	Bathers will feel hot and sweat profusely but at a lower overall sauna temperature
Steam vs. Infrared	Steam helps moisten nasal passages and allows use of aromatherapy by mixing essential oils with the water	Far-infrared energy deeply penetrates the skin and warms the muscles and joints – Carbon IR emitters produce wavelengths for deep penetration
Sauna startup	Bathers should allow 30-40 minutes for sauna to warm up	Bathers can use sauna immediately after it's turned on – Some prefer to wait a few minutes until sauna is around 110° F
Session times	Recommended session time = 10-15 minutes	Recommended session time = 10-15 minutes – But lower temperature allows longer bathing (20-30 minutes not uncommon or depending on healthcare practitioner recommendation)

10 Tips and Tricks to Better Enjoy the Experience

Now that you know about many of the potential benefits of a sauna, here are a few tips on how to enjoy your experience even more. Saunas can be used by almost all healthy adults if you follow some simple rules.

10 tips and tricks to get the most out of your sauna experience...

1. Avoid staying inside any sauna for longer than 30 minutes.
2. Be sure to properly hydrate with fresh, pure water before and after taking a sauna and if you are sweating profusely you will want to consider replacing your electrolytes with something like Himalayan salt.
3. If you have any kind of ailment or are sensitive to heat, check with your healthcare professional prior to partaking.
4. Far-infrared emitters do not work through clothing. So, disrobe as much as possible to optimize the heating and sweating effects.
5. Work up to regular use over time. You don't have to take a 20 minute sauna from the get-go. Start slowly to build up an acceptable comfort level.
6. Try to remain relaxed, quiet, and reflect on positive emotions. Listening to some soothing background music may help you unwind and relax.



7. When finished, towel down and remove all sweat from your skin as soon as possible
8. After finishing, sit or lie down for at least 10 minutes for final reflections on your sauna experience. And consume our favourite re hydration and alkalizing drink
9. Enhance your sauna experience even more with an integrated health plan for optimal wellness and see our healthcare practitioners today
10. Have a Sauna session prior to a massage to really unwind and relax you. You can opt for a lymphatic massage to help embolise toxins and then use the infrared sauna/valkion to support the excretion. See our pricing schedule for a Massage/Sauna special combination price

Some suggested therapeutic benefits and effects according to studies conducted around the world. However, few may realise there are actually a number of important benefits that can be derived from regular infrared sauna use!

The Detox Box Sauna's – The Health Benefits

Sweat-inducing sauna works on the principle of generating abundant sweat to detoxify the body and relax the mind.

The skin is the largest organ in the body and through the pores it plays a major role in the detoxifying process alongside the lungs, kidneys, bowels, liver and the lymphatic and immune systems. The skin produces cool sweat to regulate the body's elevated temperature. Sweat carries toxins out of the body and flushes them through the pores.

Sweating is the body's safe and natural way to heal; regular sweating restores good health through the elimination of toxins.

What Health Benefits does the Far Infrared sauna have?

Far Infrared Sauna provides safe, low temperature removal of impurities such as heavy metals, pesticides, dioxins, PCB's, plasticizers and other environmental chemicals from body fluids. It assists in getting rid of the underlying causes of disease and so gets rid of the symptoms once and for all. It has no side-effects.

How does the Far-infrared sauna Work?

The Far infrared sauna draws toxins out of the body by molecular interactions of water and xenobiotics that are stored in surface fat. This way, only detrimental chemicals are removed via topical excretion of sweat. This is a proven method for eliminating a number of disease-producing toxins and environmental chemicals from the body.

Why is it Important to use the far Infra red sauna?

Toxins are everywhere, and we are the first generation of man to be exposed to so many chemicals that bioaccumulate. It stands to reason that it is good practice to use the far infrared sauna regularly and get rid of this accumulation.

It is therefore a good method of health maintenance and disease prevention.

Detoxification is a way to reverse disease and permanently get rid of the underlying causes and correct the damage that has been done. Since toxicity (the body's burden of disease-causing, stockpiled chemicals) is a way to disease, reversing this is the key to healing.

Once our body's temperature is raised it is more able to activate major body functions such as

- Elimination of impurities through your skin
- Detoxing

Infra red waves matches the frequency of the water in our cells, causing toxins to be released into the blood stream and excreted through sweat. Increased blood circulation caused by sweating stimulates the sweat glands, releasing built up toxins and waste. As the heat penetrates the deeper, denser tissues, the infra-red heat softens deposits of crystallized toxins and acid wastes in the joints, nerves, and connective tissues allowing them to be dissolved and excreted via the bloodstream, lymphatic system, and through the skin as sweat.

A lot of issues stem from heavy metal toxicity. This kind of heat is particularly effective for eliminating heavy metals such as cadmium, lead, zinc and nickel from the tissues as well as toxins like nicotine, alcohol and chemicals.

Expansion of our capillaries to stimulate increase blood flow, circulation and oxygenation

Increased circulation has been shown to relieve acne, eczema, psoriasis, burns, llesion, scarring and cuts. This is excellent increase circulation to the skin, is essential for beautiful youthful, glowing skin. A new "inner glow" as the skin is free of accumulated dirt and dry skin cells, due to deep cleansing of impurities. Removes roughness, leaving skin baby smooth and soft again. Firms and improves skin tone and elasticity. Reduction of scarring by softening the keloids scars and also reduced scarring in burns and other wounds/incisions maybe observed

Cellullite is a gel-like substance made up from fat, water and wastes, wglich are trapped in pockets below the skin. An infrared thermal system can assist this condition, as profuse sweating helps clear this form of unwanted debris from the body

Promotes elimination of fats, chemicals and toxins from the blood

Pain and joint stuff

The deep penetrating heat of infra-red saunas dilates blood vessels increasing blood flow and improving circulation which in turn allows more oxygen to reach the muscles and other body tissues. This makes infra-red sauna therapy very effective in treating arthritis, rheumatism, muscular spasms, soft tissue injuries, general pain relief and fibromyalgia-related symptoms. The release of uric acid which is the cause of some severe pain is helpful. Also assist reduction in soreness in nerve endings and muscle spasm as muscle fibres are warmed. It increases the extensibility of collagen tissues, decreases joint stiffness directly, relieves muscle spasms, produces pain relief and increase blood flow.

Water retention, Stimulation of metabolism lymphatic issues, bloating and weight gain

Infra-red therapy helps eliminate excess moisture, salt and subcutaneous fat from the body. Sweating is a part of the complex thermo-regulatory process of the body that increases the heart rate and improves the heart-pumping capacity of the heart. It also uses up energy to burn fat as at 43 C fat becomes water soluble and can be dissolved and disposed of by sweating. A single sauna session may burn up as many calories as a 30 minute jog, so you can lose weight at the same time as detoxifying your entire body! Also you can burn up to 600 and more calories in just one session and lose a lot of toxins through your perspiration. Once you have eliminated the toxins from your system it will be much easier for your body to shed the weight that you would like to lose, also at 45 degrees body fat becomes soluble and can be eliminated through sweating so you literally melt away the fat. Yes you do also lose fluid during each session and therefore you may notice an immediate weight loss but don't be concerned when fluid goes back on because the calories burnt will not. "Scientific analysis show infrared heat induced sweat contains 5-6 times more toxins, fat and impurities than normal sweat"

Immune support

Each time you take a sauna session, there is a brief increase in body temperature, which boosts the production of infection-fighting white blood cells (leukocytes) by your bone marrow and killer T-cells by your thymus. This process has a beneficial effect on your immune system. Promotes the growth of healthy cells therefore strengthening the immune system. May assist in killing of unwanted bacteria, viruses, parasites and activated good enzyme activity.

Sporting clients

A session of infrared sauna will prepare your muscles for exercise or rest your body and reduce the lactic acid produced from exercise. It can help with sprains, strains, arthritis, muscle spasms and many other muscular/skeletal arthritis.

Relaxation and enjoyment

TAKE ACTION NOW TO BECOME HEALTHIER AND ACHIEVE YOUR WELLNESS GOALS THROUGH INFINITY HEALTH AND WELLNESS PROGRAMS AND THERAPIES. BOOK IN FOR A SESSION OR LOOK AT OUR SPECIAL PACKAGE RATES. YOUR SAUNA SESSIONS ARE ALSO ENHANCED WITH USING OUR VALKION MACHINE – (SEE INFORMATION FOR EXACT

BENEFITS). ALSO CONSULATION CAN BE BOOKED FOR OUR HEALTHCARE PRACTITIONER AS WE KNOW” WELLNESS STARTS WITH”